

Eat Smart. Play Hard.™ in South Dakota

Overview

Eat Smart. Play Hard.™ in South Dakota is written and designed to integrate nutritional concepts into the core curriculum and to provide meaningful, relevant, real-world application of skills, concepts, and knowledge. It is designed to help build healthy eating patterns and to promote personal responsibility for good health. Each unit includes a parent-home connection with an informational letter to parents and homework assignments designed to extend and connect the classroom learning experiences into a round-the-clock lifestyle.

The foundation for this curriculum includes four components: the *Eat Smart. Play Hard.™* campaign sponsored by the United States Department of Agriculture, the *Food Guide Pyramid*, the *Dietary Guidelines for Americans*, and the South Dakota Content Standards. Emphasis for the lessons is placed on elements of the identified themes of the *Eat Smart. Play Hard.™* campaign:

- Balance Your Day with Food and Play
- Power Up with Breakfast
- Grab Quick and Easy Snacks
- Move More. Sit Less.
- Be a Role Model. . . Eat Breakfast with Kids
- Make Family Time an Active Time

Eat Smart. Play Hard.™ in South Dakota is written to enrich and align the grade-level curriculum with the South Dakota Content Standards as adopted by the South Dakota Board of Education. A listing of subject-specific content standards taught in the lessons precedes each unit. For reference, each content standard is numbered according to the South Dakota Content Standards list for each grade level and subject area. As nutritional concepts become an integral part of the basic curriculum and home environment, students are targeted for greater success in the whole K-6 learning experience.

Although this is not a comprehensive curriculum and all South Dakota Content Standards are not addressed in the *Eat Smart. Play Hard.™ in South Dakota* curriculum, the integrated effort is substantial. The curriculum is designed to ensure students success and benefit every child through a curriculum which emphasizes the capacity to think, to solve problems and make decisions.